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Time to Clean and Renew



January is a time of beginnings. It's a time to clean out and renew. Today, it's the time to go through the house and replace some things you use every day. Let's start 2018 clean and healthy!



Other things to think about changing

If you use a plain pillow, plan on replacing it every six months. Memory foam pillows

Kitchen Things

Cutting boards need to be replaced every two to three years. Bacteria can gather in the knife marks of your board, increasing your chance of food-borne illness.

Plastic food storage containers vary, in terms of safety. If your container has a #3 or #7 recycling indicator on the bottom, beware of BPA and PVC. If a plastic container is cloudy, warped, stained, or scratched, throw it out.

The filter in a whole house water filter system needs to be replaced every three to six months. Out-of-date filters can harbor bacteria and will not do as good a job of filtering your water.

Depending on how you use them, sponges need to be replaced every two to eight weeks. Putting your sponge in the dishwasher or microwave can help clean your sponge, but it is still best to replace your sponge often.

months.

Old mattresses pose two threats: bed bugs and poor sleep posture. It's a good idea to replace your mattress every five to 10 years.

Bed sheets should be washed weekly to prevent bacteria buildup. So long as there is no wear or tear to the sheets, they do not need to be replaced.

Even if you wear running shoes for walking, plan to replace them every 300-500 miles. This can mean every six months for very active individuals and every year or so for individuals who exercise less often.

Did you know that smoke detectors have an expiration date on them? Smoke detectors should be replaced every 10 years, and the batteries should be changed every year.

It is important to stay on top of changing your air filter to ensure that your home's indoor air quality remains healthy for you. Change your air filter every 30 to 90 days. If you have pets, you will want to change the filter every 60 days.

First aid kits should be replaced every three to five years. However, you should check your kit yearly to make sure it isn't low on any supplies.

protect your environment, exposure to chemicals and heavy metals in your water and ice.

Replace ground spices every year or two. Thankfully, old spices do not pose a health risk, but they do lose flavor.

Nonstick pans need to be replaced every six months to a year. Investing in nontoxic pans and cookware can be better for your health and wallet in the long term.

Replace plastic water bottles every two to three years. Metal and glass bottles can last longer, but you might need to replace plastic or rubber tips and straws every year.

Bathroom Things

Most dentists will recommend replacing your toothbrush every three months. This will protect your teeth and gums from harmful bacteria.

Mascara and eyeliner are in close contact to your eye and need to be replaced every three months to prevent eye infection or irritation. Dry eye shadow, on the other hand, can last up to two years. Foundation and concealer should be replaced yearly. Make-up brushes should be washed regularly and replaced entirely after two years.

Replace your hairbrush if you notice wear to the bristles, since damaged bristles can lead to damaged hair. It is important to clean your hairbrush weekly to prevent product buildup.

Replace your bath poufs or loofahs every one to two months to prevent bacteria growth. After a month, loofahs lose their exfoliating properties.

Information source: The Hartford.

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